

Suicide Prevention

September is National Suicide Prevention Month

You don't have to be a professional counselor to learn a few basic steps to check in on someone who seems like they might be hurting. You can make a difference in the life of a loved one or coworker.

Everyone has a role in Suicide Prevention.

The Centers for Disease Control and Prevention (CDC) released a [recent study](#) showing that suicide rates are rising and that a public health approach is needed. You can potentially save a life by understanding the warning signs of someone thinking about suicide and learning the simple ways you can talk with them about it.

Learn the steps to talk to someone and get them help

Developed by the [Forefront Suicide Prevention program at the University of Washington](#), these are five simple steps you can follow to support a friend, loved one, or co-worker who might be suicidal:

Look for signs

Empathize and listen

Ask about suicide

Remove the danger

Next steps

Understand the red flags that someone might be at risk of suicide

- ♦ Talking about wanting to die or to kill themselves
- ♦ Looking for a way to kill themselves, like searching online or buying a gun
- ♦ Talking about feeling hopeless or having no reason to live
- ♦ Talking about feeling trapped or in unbearable pain
- ♦ Talking about being a burden to others
- ♦ Increasing the use of alcohol or drugs
- ♦ Acting anxious or agitated; behaving recklessly
- ♦ Sleeping too little or too much
- ♦ Withdrawing or isolating themselves
- ♦ Showing rage or talking about seeking revenge
- ♦ Extreme mood swings



Learn ways to help prevent suicide

Ask directly about suicide

The most important thing you can do is check in on someone. Ask: “Are you doing okay?” If you hear any warning signs, ask: “Are you thinking about killing yourself?” It’s a myth that asking someone about suicide might lead them to it—in fact, you asking might be the very thing that prevents it.

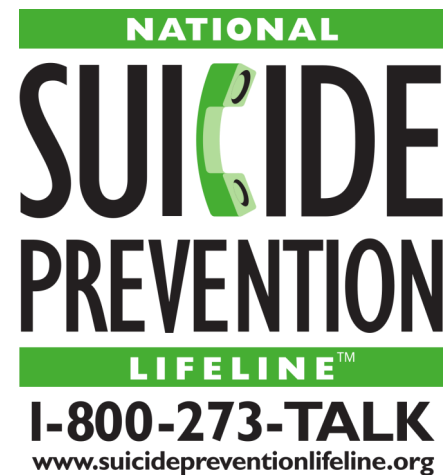
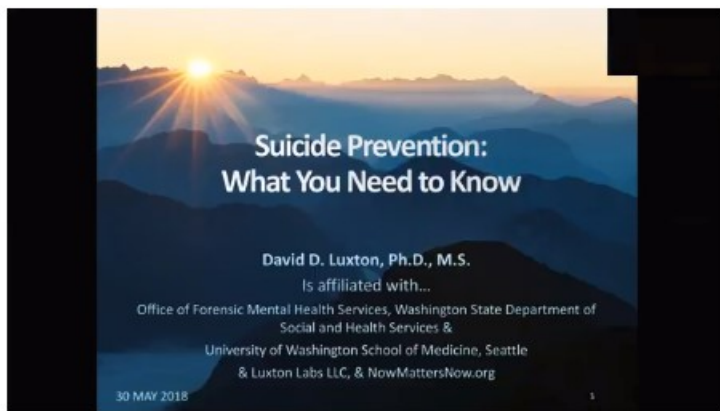
Be a bridge to support

If someone is thinking about suicide, you can be prepared with information on how to connect them to help. They may know who they want to talk to (for example, a healthcare provider, their guardian, their partner), or you can call the [National Suicide Prevention Lifeline](#) 24 hours a day, seven days a week, at **800-273-8255**. Press 1 for the Veterans Helpline. If you’re under 21, you can ask to talk to a peer at Teen Link at **1-866-TEENLINK** between the hours of 6-10 pm or **(206) 461-3210** during regular business hours. Don’t feel like talking on the phone? You can start a text conversation with the **Crisis Text Line** by texting “HEAL” to **741-741**.

If you think you could be at risk of suicide, [download the My3 App from the National Suicide Prevention Lifeline](#). You can use the app to list your crisis contacts, make a safety plan and use emergency resources.

If you want to learn more skills for suicide prevention, watch this one hour [EAP suicide prevention webinar](#) or contact [Forefront](#) for training in the LEARN approach.

EAP Suicide Prevention Webinar



i http://www.intheforefront.org/wp-content/uploads/2017/09/PDT_Learn_OnePagerColor_2018_07_27.pdf

ii <https://suicidepreventionlifeline.org/help-someone-else/>

Washington State Department of Enterprise Services
Employee Assistance Program (EAP)
Phone Toll-free 1-877-313-4455 / www.eap.wa.gov

